

Tough Times

@toughtimestabloid • Find us online at ToughTimesTabloid.ca

Vol. 8 No. 5/SEPTEMBER-OCTOBER, 2019

HOW TO SAVE HEALTH CARE

What the experts say

Peel Health Coalition public meeting
Sunday September 29, 2019 at 2 p.m.

Terry Miller Recreation Centre
1295 Williams Parkway, Brampton

Contact: Richard Antonio 647 237-5235
peelhealthcoalitionRD@gmail.com

Peel Human Services Network

Quiz the candidates on poverty, hunger, housing and more –public meeting

Wednesday, October 9, 7 p.m. to 9.30 p.m.

CMHA Peel Recovery West
601 – 7700 Hurontario Street, Brampton
Phone 905-270-5589

INSIDE THIS ISSUE

**Brampton Coun. Jeff Bowman
on housing** P3

**Policies for The People —
or not?** P5

Labour at work P8

**Homeless and hungry —
where to find help** P10

HELP SAVE HEALTH CARE

JOIN PEEL HEALTH COALITION

Peel Health Coalition (PHC) is a non-partisan network of community members, agencies, healthcare professionals, frontline workers and activists, who want to improve the health-care system in Peel and in Canada, and who want to keep our health-care system in public hands, under public control.

Currently, the federal government uses our tax money to pay

for health care, with provincial governments handling the cash. The Ford government in Ontario has plans to change how it spends our health care money.

We need to talk about it.

Peel Health Coalition has called a meeting for Sunday, September 29, 2019 at 2 p.m., at the Terry Miller Recreation Centre, 1295 Williams Parkway, Brampton.

All MPPs, MPs and candidates

(election Monday, October 21) are invited, plus local councillors, health workers, and members of the public. Anybody with a health care story can tell it here.

Here are some facts about health care in Canada:

- 3.5 million Canadians are struggling to pay for their prescription drugs;
- one in five Canadians does not have access to dental insurance;
- many Canadians are charged extra fees and pay out-of-pocket for medically necessary health services;
- mental health and long term care needs are hugely underfunded.

We also know that Peel welcomes newcomers from all over Canada and from all over the world. As it should.

Yet our rapidly growing population is not receiving the health supports it needs.

The City of Brampton is circulating a petition which points out that per person, Brampton receives \$1,000 less in healthcare funding than the provincial average;

Brampton has 55% fewer hospital beds than other Ontario cities;

Brampton faces exponential growth – 14,000 people move to Brampton every year, and the City needs more healthcare resources to support this growing population.

Brampton's petition asks the

See "Health Care", page 2

HOMELESS?

YES, YOU CAN VOTE

SEE PAGE 11

PEEL POVERTY ACTION GROUP

Peel Poverty Action Group (PPAG) is open to every individual and organization in Peel Region that cares about what poverty does to people. It provides a safe place where people who are cash-poor and those who try to help them are encouraged to speak out – and Tough Times is part of that safe place. PPAG's mandate is to advocate for people in need and to educate the public about poverty issues. Membership is free. PPAG meets at 9:30 a.m. to noon, usually the second Thursday of every month (except July and August) alternately in Mississauga and Brampton.

Meeting dates for 2019:

Mississauga. at the Newcomer Centre of Peel, 165 Dundas St. W. (at Confederation Parkway); Nov 14.

Brampton

Oct. 10 and Dec. 12, venue to be announced.

Advertising Rates

Tough Times distributes 10,000 copies, throughout Peel Region.

Target audience is people experiencing homelessness, using food banks and soup kitchens, people who are struggling, plus faith groups, social service agencies, trades unions, business people, and the general public.

To advertise in Tough Times:

Email: toughtimestabloid@gmail.com

Phone: 905 826-5041

Mail address: 4-287 Glidden Road
Brampton, ON L6W 1H9, Canada

Advertising rates: (colour included)

Business card: \$105

1/16 page: \$125

1/8 page: \$190

1/4 page: \$280

1/2 page: \$460

3/4 page: \$650

Full page: \$810

A full page is approximately 10 inches wide by 12 inches deep = 120 square inches. E&OE

ELECTION

QUIZZING THE CANDIDATES

What's ahead for the cash-poor?

The Mississauga Food Bank, which provides more than 242,000 free meals a month to hungry people in Peel, is organizing a meeting where candidates in the October 21 federal election can listen, learn, and speak.

Meghan Nichols, executive director of the food bank, reports:

"We are forming a coalition of non-partisan Peel-based human services organizations to host a debate about issues affecting low-income, marginalized, and vulnerable populations."

The coalition – Peel Human Services Network -- will call on candidates and parties "to make Canada a fair, equitable, and inclusive place where all our neighbours can thrive."

The debate "will provide an opportunity for those who care about their vulnerable neighbours and issues such as poverty, food insecurity, mental health, and housing, to hear federal parties' plans to address these challenges."

Social service organizations are invited to send questions, which will be submitted to election candidates in advance, for discussion at the event.

The meeting takes place Wednesday, October 9, from 7 p.m. to 9.30 p.m., at the CMHA Peel Recovery West, 601 – 7700 Hurontario Street, Brampton.

Phone 905-270-5589

Organizations already part of the coalition include: The Mississauga Food Bank, Tough Times, Peel Poverty Action Group, Canadian Mental Health Association – Peel, Catholic Family Services of Peel, Indus Community Services, Ontario for All, Knights Table, Vita Centre.

Health care, cont. from page 1

Ontario government:

- to provide immediate funding to pay for the increasing volume of visits to Urgent Care at Peel Memorial Centre;
- to fund completion of Phase 2 at Peel Memorial Centre;
- and to build a third health care facility in Brampton.

That's Brampton's story.

But right across Peel, other diagnoses and cures for health care are on the operating table.

Community Health Centres (CHC) – four of them in Peel – have doctors, nurses, dietitians, physiotherapists, chiropodists, social workers, to help registered clients.

Illness prevention programs include exercise and wellness activities, youth drop-ins, teaching self-management to individuals with chronic diseases.

Basic dental treatment is available to eligible clients, from fillings to ex-

tractions, to dentures.

Healthy workplaces are also on the CHC agenda, encouraging safety on the job.

Tests and treatment support is available for HIV and Hep C.

People with diabetes can be trained in using insulin, and advised on diet, and more.

Community Health Centres claim that they cut down on unnecessary visits to hospital Emergency units by teaching health in neighbourhoods.

You can find out more at Bramalea Community Health Centre, Four Corners Health Centre, Bloom Clinic, or phone 905 451-6959; East Mississauga Community Health Centre at Dixie and Dundas, phone 905 602-4082.

Material for health articles is drawn from several sources, including the Region of Peel, members of Peel Poverty Action Group, Peel Health Coalition, Ontario Health Coalition, Institute for Health Care Improvement.

ToughTimes

Tough Times is published six times a year

Next issue: November-December, 2019

**Deadline for ads and editorial:
October 1, 2019**

Phone 905-826-5041

Volunteer writers, reporters, artists, cartoonists, photographers, are welcome at *Tough Times*.

Please email letters to:

toughtimestabloid@gmail.com

Produced by:

Peel Poverty Action Group (PPAG)

Editor: Edna Toth

Associate Editors:

Michelle Bilek, Rosemary Keenan
Chris Fotos

Graphic Designer: Patti Moran

Contributors:

Huda Abbas, Richard Antonio, Navi Aujla, Kay Bajaj, Samina Bangash, Michelle Bilek, Laura Bilyea, Dr. Simon Black, Coun. Jeff Bowman, Jaspal Brar, Brampton Mayor, Patrick Brown, Taodhg Burns, Coun. George Carlson, Shaila Kibria Carter, Surabhi Das, Dr. Paula De Coito, Nikki Clarke, Patricia Chrisjohn, Doris Cooper, Mississauga Mayor Bonnie Crombie, Bob Delaney, Jack Fleming, Moushumi Hakrabarti, Linda Hochstetler, Jack Jackson, Jerry Jarosz, Sylvia Jones, MPP; Laura Kaminker, Rosemary Keenan, Shalini Konanur, Deb Kuipers, Stephen Lay, Alexandra MacGregor, Harinder Malhi, Julia Margiak, Pat McGrail, Archana Medhekar, Brenda Murdoch, Varsha Naik, Norma Nicholson, Kimberly Northcote, Maria Pangilinan, Karen Ras, Christianne Reyna, Monica Riutort, Marina Rosas, Ruby Sahota, MP, Lea Salameh, Farina Salahuddin, Liisa Schofield, Chris Sensible, Subash Sharma, Sara Singh, MPP; Bret Sheppard, Coun. Ron Starr, Susan Stewart, Anna Sycz, Chelsea Tao, Pauline Thornham, Rozeta Torbram-Jarvis, Martin Tsvetanov, Edesiri Udoh, Kate Vinokurov, Suraiya Wajih, Jessica Wang, Grazyna Wiercinska, Emily Wiles, Coun. Charmaine Williams, John Wilson, Rod Woolridge, Cheryl Yarek, staff members of the Region of Peel. Cheryl Yarek.

Printed by: Atlantic Web Printers

Homeless: The Video

Spaces and Places: Uncovering Homelessness in the Region of Peel is a 15-minute video in which homeless people describe their experiences. A team from PPAG, including a once-homeless person, will show the video to a group on request. There is no charge.

To book a showing contact edna.toth@gmail.com

Allow about 45 minutes for the video and discussion.

The video was made by a team from York University, in cooperation with the Social Planning Council of Peel, financed by a grant from the Ontario Trillium Foundation.

Affordable housing must be Brampton's top priority

BY JEFF BOWMAN

For me, the issues of affordable housing, homelessness and poverty are not something to think about when it's election time or out making campaign speeches. It's something I think about constantly and actively work on every day.

As a City Councillor for Brampton's Wards 3 and 4, I know all about the ongoing problems people face in finding a safe and affordable home for their family. And like other cities across Canada, it's getting harder and harder to find a home that is suitable and fits your economic means.

According to the Region of Peel, there are currently over 18,500 individuals who accessed emergency shelters in 2017 within Peel, with 13,597 individuals on a centralized housing waitlist – of that number, 3,432 are Brampton residents. That means you can wait up to 6.5 years for an affordable house.

Within Brampton alone, there are currently 172 shelter and transitional beds, and only 3,386 social housing units.

To me, that's unacceptable in a city like Brampton – the ninth largest city in Canada.

We must do better because we can do better.

In assessing Brampton's needs, we know that youth homelessness is a growing issue, with low and middle-income families continuing to struggle with affordability.

Statistics Canada confirms that in 2016, the average Canadian household spent 24% of its income on shelter. When you break down that figure into the cities that make up the Region of Peel, Brampton is the biggest loser with 34%, while Mississauga is at 31% and Caledon is 22%.

On top of that, 31.1% of homeowners in Brampton cannot afford the cost, with an average homeowner paying \$1,869 a month.

The City of Brampton is developing its first af-

fordable housing strategy called "Housing Brampton" in response to the varying housing needs of our residents and to improve the housing options for all Bramptonians.

With its work plan endorsed by City Council in 2017, Housing Brampton will serve as a road map to increase the supply of rental and affordable ownership units.

It will provide a "made in Brampton" approach that looks at local housing preferences and demographics, like the contrast between Brampton's young and aging populations, and the current trend toward multi-generational families.

The Region of Peel is the local housing authority that provides affordable rental units, while the City of Brampton is responsible for land use planning.

Housing Brampton will focus on developing more affordable rental and ownership housing units. The City will work with residents, builders and developers, community stakeholders, and other levels of government to develop a strategy that responds to the current and future housing needs of Brampton residents.

A Housing Needs Assessment was completed in June 2018 to provide a better snapshot of the current housing contexts and needs within Brampton. That was followed by a Seniors' Housing Study, endorsed by Brampton City Council in January this year, and includes case studies, a methodology for identifying sites throughout the City suitable for seniors housing, and key recommendations to promote diverse housing options.

An Affordable Housing Advisory Committee, made up of stakeholders, developers and various levels of government, has been formed to support the development and implementation of Housing Brampton.

As part of the City's review of rental policies, a Student Housing Policy Review will assess the impacts of post-secondary institutions like Ryerson University



Jeff Bowman receives an award from Knights Table board member John Spry, at Knights Table's annual gala. (Photo supplied)

and Sheridan College on the demand, supply and type of housing available.

City of Brampton staff are looking into the development of an Inclusionary Zoning (IZ) program, which would allow the City to require a portion of any new development to be dedicated to affordable housing units; and additional benchmarking will be undertaken relating to the development of affordable housing tools and incentives which will be brought forward for Council's consideration by the end of this year.

Public consultation will be a key part of this strategy and is expected to start soon. Stay tuned for information on how to get involved.

In the meantime, if you have comments or questions about the strategy, I welcome your input.

Jeff Bowman is Brampton City Councillor for Wards 3 and 4. You can email him at Jeff.Bowman@brampton.ca or phone him at 905-874-2603

NEED FOOD?

غذا در کار بے?
ਭੇਜਨ ਦੀ ਜ਼ਰੂਰਤ?
需要食物吗?
Cần thực phẩm?
هل تحتاج إلى الطعام?
Necesita comida?



Don't Go Hungry

If you don't have enough money for food and live in Mississauga, you can go to a neighbourhood food bank.

It doesn't matter about your age, gender, sexual orientation, race, religion, or immigration status. You will receive enough healthy food to feed your family for 7-10 days each month. There is no cost to visit a food bank.

Find your food bank at
www.themississaugafoodbank.org
or phone 905.270.5589.



How Brampton's health care is starved

COMPARISON WITH OTHER CITIES

BY EDESIRI UDOH

Ontario's healthcare system includes: primary care, mental health care, home and community care, secondary care -- Hospitals and Emergency (ER).

We need to look at the whole spectrum.

To be more proactive and more preventive, we need to look at our primary health care system, including services delivered to individuals and communities with a focus on health promotion, dis-

ease prevention, health equity, and community involvement. Not walk-in clinics.

Comprehensive primary health care addresses the main health problems of the community, providing promotive, preventive, curative and rehabilitative services to maximize health and wellbeing.

Primary health care models are:

Community Health Centres (CHC), Family Health Teams, Aboriginal Health Access centres, Nurse Practitioner-led clinics, provide interprofessional primary care, Integrates services and programs in primary care, health pro-

motion, and community wellbeing. It is community-centred, actively addresses the social determinants of health, and demonstrates commitment to health equity and social justice.

Only 30% of Ontarians have access to interprofessional primary care teams, though evidence shows teams deliver the best health outcomes.

In Brampton, only 17% of the population has access to interprofessional primary care teams, well below the provincial average.

Brampton has only one community health centre and one family health team, one hospital, and one urgent care facility.

Comprehensive primary health care – not hospitals and emergency rooms – should serve as the bedrock of the health system in Ontario. The hospital model is the most expensive of all. This healthcare transformation is based on 'Quadruple Aim': better patient and population health outcomes; better patient, family and caregiver experience; better provider experience; and better value.

Brampton has a population of almost 600,000 (593,638).

Other cities compared to Brampton in population size are Hamilton (690,000), Kitchener-Waterloo (470,000).

Hamilton has five Community Health Centres, 10 hospitals (including satellite locations) and one hospital for mental health (Chedoke Hospital, Hamilton General Hospital, Juravinski Cancer Centre, Juravinski Hospital (formerly Henderson General Hospital), St. Joseph's Healthcare

Hamilton (Charlton and West 5th Locations), McMaster Children's Hospital, McMaster University Medical Centre, St. Peter's Hospital, Main Street West Urgent Care Centre (UCC), West Lincoln Memorial Hospital.

London, Ontario, with a population of about 400,000, has one CHC with two locations and three hospitals.

Brampton and in Ontario generally, the health system needs more resources to keep people healthy in the community and their homes... We need to equip what we have and build upon preventive models such as primary care, mental health, home and community care.

Statistics from Brampton Council's Fair Deal Brampton petition:

Brampton Civic ED, built for 90,000 visits a year, receives 130,000 actual visits a year; Peel Memorial funded for 10,000 visits a year, receives actual visits of 75,000 a year; only 17% of residents have access to an interdisciplinary primary care team; Brampton is forecast to have the highest dementia rate in the province between 2015-2022; and 38% of the population aged 12+ has one or more chronic conditions.

Next steps:

Build on what we have ongoing from the City of Brampton campaign.

Advocate for the whole spectrum of healthcare funding.

Edesiri Udoh is a professional health care worker based in Brampton.

THE PEEL PICTURE

Designer health

The Region of Peel is reimagining how our communities are designed.

The picture emerging is neighbourhoods where biking to work is more convenient than driving, playing outside is more fun than screen or phone time, and key amenities are a short walk away.

Fresh, healthy food is available, there's easy access to green space and ways to be active.

Today, 85% of Canadian adults and 93% of children do not get the recommended level of daily physical activity. This is mostly due to changes in our modern lifestyle. People work in more sedentary jobs, spend more time in cars and feel less safe letting children play outside.

Busy lifestyles, the rising costs of healthy meals and the wide range of fast food restaurants inspire us to eat on the go, leading to more obesity and diabetes.

Peel Region is working with municipalities and developers to create neighbourhoods that are walkable, bike-friendly, close to services such as public transit, stores, jobs, safe sidewalks and direct roads, and that will house people of varied incomes.

Areas need sidewalks, benches, bike racks, bike lanes, safe intersections, trees and attractive landscaping.

A proud Canadian Union representing workers and promoting community spirit is a commitment we take seriously.



285

DENTAL CARE

Canadians want dental care for everyone who needs it, whether they can pay for it or not.

But it's not an idea finding much support from dentists, who make huge investments in equipment, office space, and their own education and time.

Tell your MP, MPP, councillor, that dental care is a political matter. It's the job of politicians to make it happen.

How Doug Ford's policies affect The People

BY ROD WOOLRIDGE

A year ago when Premier Doug Ford campaigned for office, he stated he was requesting your support to help make Government more responsible to and "For the People." In the April 2019 Budget, Premier Ford's Government announced it will cut spending in education, healthcare, legal aid, public libraries, municipal and social services.

What do those cuts mean to you and me?

It means we will have more students in each classroom so that each student will NOT receive the individual attention he or she may need to improve his or her skills to graduate with higher grades.

It also means the school buildings will not receive funding to replace windows that lose heat during the winter; or for the up-to-date equipment required to improve laboratories and, by reducing the number of specialized courses, prevents our students from receiving a broader experience in their education.

It also means smaller schools will be closed, students bussed to other schools, and many teachers will be laid off – 155 teachers in Peel Region alone.

Ontario has always provided funding for those in need. Women and children who are homeless due to family breakdown or spousal abuse could always seek assistance through women's shelters.

For people with disabilities, for those looking for work, who were ill, injured on the job, or impoverished by the sudden death of a partner, help was available through Ontario Works, Workplace Safety and Insurance Board, or through the Ontario Disability Support Program.

The Ford Government has decided to cut the amount of funding to each of these programs.

Cuts of up to 50% funding in our libraries mean we will not be able to purchase the books, or e-books, to keep our library information up-to-date. It

will also mean we will have further cuts to our library staff. This will also prevent our library clients: whether students, seniors or anyone in-between, from receiving the additional educational information they may require to improve their livelihoods.

Everyone in Ontario is entitled to receive the best defence when they are charged with a criminal offence. If you are a citizen with a good job and an exceptionally high income, you may be able to hire an excellent defence lawyer.

But what if you are working at minimum wage, or you are homeless, or you have a mental or physical disability preventing you from holding a well-paying job? How will you pay a lawyer for your defence?

We have Legal Aid, where the government pays to help people who cannot afford a lawyer. This program has never been adequately funded. Now, the Ford Government is cutting funding to this program too.

In Ontario, we are fortunate to have OHIP, the Ontario Hospital Insurance Program, that pays for many of the drugs and tests needed to ensure all our citizens are treated early for any health issues. We have to thank Tommy Douglas for introducing a health program to Canada.

But the Ford Government has decided to reduce funding for health programs. The mental health budget was cut by \$170 million dollars. The People's Health Care Act may merge and privatize such agencies as the LHINs (Local Health Integration Networks), Cancer Care Ontario and the Trillium Gift of Life Network. Privatization often means changing to a business for profit, and it means many of the healthcare services we receive free now, will come with added fees.

The Ontario Government is also reducing the funds for municipalities to pay for social programs. This ultimately means our municipal taxes will have to increase to help pay for many



ROD WOOLRIDGE

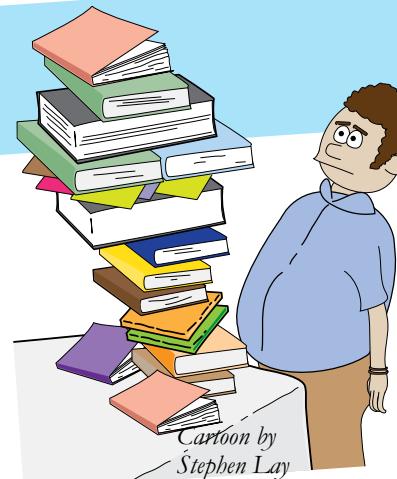
In the April 2019 Budget, Premier Ford's Government announced it will cut spending in education, healthcare, legal aid, public libraries, municipal and social services.

two.org and the Ontario Federation of Labour ofl.ca website and follow the Ford Tracker: PC actions to date.

Rod Woolridge is a retired: student, teacher (BA, B.Ed.), vice principal, driving instructor, teacher of English as a second language in Nigeria, work centre operator, employment counsellor, security guard. In retirement, he volunteers with several local organizations, including the NDP, (years ago he was an NDP candidate in Newfoundland provincial elections), Steelworkers retirees, Friends and Advocates of Peel, Bramalea Community Health Centre. And more.

Like to read?
Like a bargain?
Like a fun time?

USED
BOOK
SALE!!!!



Thursday, Sept. 19 to Sunday, Sept 22. Hours are Thursday 5 p.m. to 9 p.m., Friday 10 a.m. to 8 p.m., Saturday 10 a.m. to 5 p.m. and Sunday from 11 a.m. to 3 p.m.

Cash Only!

Approximately 50,000 books, DVD, CDs and records are arranged into over 40 broad subject areas. Children's and Youth books have their own tables. Collectable books, records (vinyl), CDs and DVDs are located in the lower level.

Visit the Used Book Sale in support of the Mississauga Symphony.

For more information phone 647 866-7253 or e-mail usedbooksale@bell.net
Sheridan Centre, 2225 Erin Mills Parkway

BBQ-ing for bigger, better meals

Knights Table, Brampton's three-meals-a-day, every-day-of-the-year soup kitchen, had fun and games at its annual fund-raising BBQ. Activities ranged from a jumping castle to an egg-and-spoon race, to a Brampton Beast and wads of icecream and other goodies. Photos by Subash Sharma



The BBQ team put on a great show and a good meal. Thank you.



A jumping castle is more than a place to play. It's a backdrop for children's games.



While you eat, your car goes to the cleaners.

Subash Sharma



Volunteers who received special awards

Knight's Table VOLUNTEERS

Regarded as the lifeline of Knights Table, Brampton's three-meals-a-day every day of the year soup kitchen, about 160 volunteers and donors were recently honoured with awards for their good work.

Knights Table began in 1990, when Brampton resident Cecil Peters saw a man sifting through garbage in search of a meal. Peters talked with Knights of Columbus Council #9235, and within six months, Knights Table opened its doors.

Almost 30 years old, Knights Table relies on the generosity in time and money, of its supporters within the Brampton community.



Young people (with help from adults) keep the entertainment moving.



More certificates to show. That's John Spy in the middle, Knights Table board member.



Young, energetic, and dancing



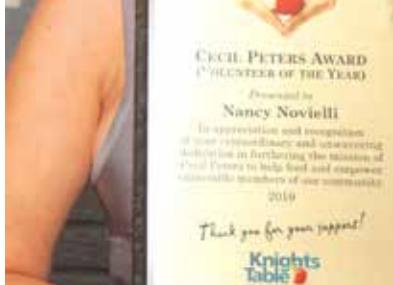
Thank You To All
Our Volunteers & Donors
2019 Knights Table
To Serve & Embrace



Sun Chemical representatives accept a Community Service Award on behalf of the firm.



Nancy Novielli received the Cecil Peters Award for Volunteer of the Year.



Guest speaker Jeff A.D. Martin is also a writer and motivator.



Hit for six – and the crowd goes wild!



More boundary hits, and more fun for fans.



Carefully tended grass keeps batsmen running and bowlers looking for that sweet spot.

7

When Brampton hosts a cricket tournament the whole world watches!

Brampton hosted an international cricket tournament this year and brought a host of visitors to the city.

But that's not all that Brampton does for cricket.

Starting this Fall 2019, both Gore Meadows Community Centre and South Fletcher's Sportsplex will be offering Cricket Skills and Drills for children ages eight to 13.

This program teaches the fundamentals of cricket -- the rules, offensive and defensive positioning, batting, bowling and fielding. Technical skills are taught through instruction as well as game play. Required equipment: Running shoes. The cost for Brampton residents for a 14-week program is \$95.62.

Mississauga Recreation offers cricket for beginners, ages six to nine, Saturdays, September 21 to December 14. Cost: \$78.

Any free cricket programs for kids? *Tough Times* would like to know.

Photos by Jerry Jarosz

Empowerment for all – including workers

HOW THE LABOUR MOVEMENT HELPS EVERYBODY

BY MARIA PANGILINAN

Among organized labour groups -- unions, grassroots organizations, and coalitions, there are opportunities to experience supportiveness, empowerment, and solidarity for social justice issues affecting you.

As the voice of labour in Peel within the larger labour community at national (Canadian Labour Congress--CLC) and provincial (Ontario Federation of Labour--OFL) levels, the Peel Regional Labour Council (PRLC) supports its locally affiliated unions, and labour movement campaigns.

Organized labour operates as a very strong network of solidarity at all levels, with members referring to one another and like-minded supporters as “brother” and “sister”.

By their nature, labour campaigns mobilize for the social and economic rights of all, including the marginalized.

Union-affiliated volunteer activists work with community organizations to safeguard healthcare, public education, social programs, public services, and the environment for example, as well as advocate for all workers’ rights.

Grassroots non-profit organizations such as Peel Poverty Action Group (PPAG) and newly formed Peel Health Coalition, affiliated with Ontario Health Coalition, are just two of the many community groups in which labour activists are involved.

The monthly meetings for PRLC’s general membership, PPAG, and Peel

By their nature, labour campaigns mobilize for the social and economic rights of all, including the marginalized.

Health Coalition are open to the public.

Supportive of progressive political candidates, labour encourages leadership and activist development.

For example, at the suggestion of a PPAG member, Canadian Labour Congress in cooperation with Peel Regional Labour Council, held a free “Igniting the Spark” workshop encouraging women to be leaders, and to consider entering politics.

C Coalitions leverage the collective power of those concerned about specific issues. Peel Health Coalition for instance, born of efforts between Peel Poverty Action Group and Ontario Health Coalition, is a champion of #FairDealForBrampton, where Brampton City Council seeking more health facilities for Brampton.

Non-profit organization Labour Community Services of Peel (LCSP) is another bridge between labour and the general public. Funded by United Way, and working with Peel Regional Labour Council, LCSP serves non-unionized workers—primarily, but not limited to newcomers—those without the protec-



It's Labour Day and a megaphone leads the line of union workers on the march for jobs, wages, good working conditions for everyone, union member or not.
(Jerry Jarosz photo)

tions of collective bargaining and representation. LCSP offers practical help and referrals to access employment rights, human rights, and government income benefit programs.

Typical Employment Standards Act (ESA) issues where LCSP assists, include termination, severance, overtime, holiday pay, and employment insurance (EI).

Their focus is on early intervention, identifying and problem-solving; helping fill out required forms; referrals to other organizations as needed; and informal mediation.

For human rights issues such as sexual harassment, a worker can be accompanied by a LCSP representative, up to the mediation level.

Or if a worker is denied EI for instance, LCSP can attend a tribunal, the last step in the appeals process.

Another aspect of LCSP’s work is presenting two-hour “Know Your Rights” workshops, often for another organization’s educational program for clients needing to upgrade skills,

learn how to get a job, e.g.: St. Gabriel Learning Centre; COSTI; Peel Newcomer Centre; Peel Multicultural Centre; Family Services of Peel. The workshop is also offered for staff training and community outreach education.

Knowledge is power, and a wealth of education is available through getting involved in your community. Just like the “hidden job market”, there are invaluable and priceless “hidden volunteer opportunities”.

So ... seek information, attend a meeting or event, get acquainted with those who can help you and whom you can help in turn. Because, to borrow from the Ontario Federation of Labour’s current campaign name -- the “power of many” begins with the power of one...

LCSP: 10 Gillingham Drive, Suite 213, Brampton.

Monday – Friday, 9 a.m. – 5 p.m.
Phone 905-696-7444 for an appointment and leave a message.
www.lcspel.ca

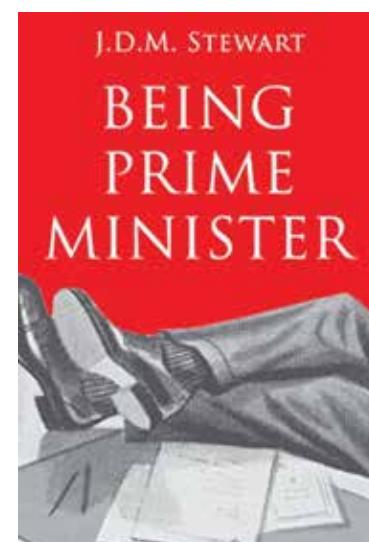
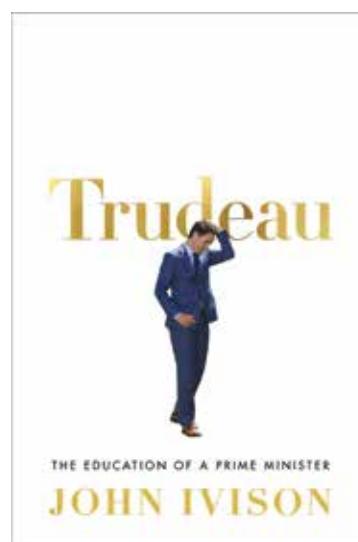
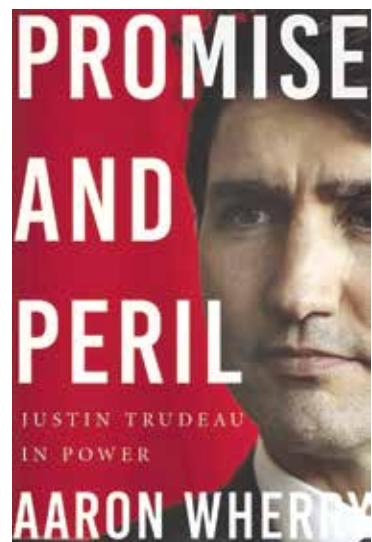
NORTH PEEL & DUFFERIN Community Legal Services

- Free legal services for low income residents of Brampton, Caledon and Dufferin County
- Problems with your landlord?
- Is your rent subsidy threatened?
- Was your application for Ontario Disability Support Program benefits denied?
- Problems with Ontario Works?

905-455-0160 Toll Free from Dufferin 1-866-455-0160 npdinfo@lao.on.ca

“Your publication is superb. Probably the best such publication in Canada.”

Prof. John Ryan, Senior Scholar at University of Winnipeg.



Books where X marks the plot

ToughTomes

BY LAURA BILYEA, Librarian
Central Library, Mississauga

The 2019 Federal Election is fast approaching.

Competing signs will soon show on every stretch of grass, debates on Twitter, and plenty of talk. How do I find out what I need to know? We'll have to listen, sift the information, then read and sift again.

Where can I start? A good short read is Eugene A. Forsey's *How Canadians Govern Themselves* (320.971 FOR). It's a brief look—only 52 pages—at Canada's parliamentary system and how it all fits together. Here's a link to the whole book: <https://lop.parl.ca/about/parliament/senatoreugeneforsey/home/index-e.html>...or you can pick it up at your local library.

Who's running? Well, it depends on where you live. Your local library can tell you who is currently running in your riding, or you can find it on the web at elections.ca

Who's saying what? The best place to get that information is from the political parties themselves, at their websites:

www.liberal.ca
conservative.ca
www.ndp.ca
www.greenparty.ca/en

Want to read more? The library has interesting reads if you want more depth, or more dirt!

Try these:

Promise and Peril: Justin Trudeau in Power

By Aaron Wherry, 2019.

Available at the library soon

Justin Trudeau came to power on the promise of "hope and hard work" and a pledge to seek a common good for all Canadians. *Promise and Peril* explores how the Trudeau government has succeeded or failed in its biggest commitments: resource development, immigration, climate change, trade, reconciliation -- against a backdrop of economic uncertainty, global political tumult and the roar of populist revolt.

Trudeau: the Education of a Prime Minister

By John Ivison, 2019

available at the library soon

From one of Canada's most connected political journalists, a warts-and-all look at Justin Trudeau and the Liberal government's record in power.

The leader of the New Democrat Party wrote his own personal book, *Love and Courage: My story of family, resilience and overcoming the unexpected*

by Jagmeet Singh, 2019

In October 2017, Jagmeet Singh was elected as the first visible minority to lead a major federal political party in Canada. This story is not a political memoir. This is a story of family, love, and courage, and how strengthening the connection between us all is the way to building a better world.

How do I find out what I need to know?
We'll have to listen, sift the information,
then read and sift again.

And Green Party Leader Elizabeth May, has also written her own (and her Party's) story:

Who we are: reflections on my life and Canada

by Elizabeth May, 2014

In this memoir/manifesto, May reflects on her extraordinary life and the people and experiences that have formed her and informed her beliefs about democracy, climate change, and other crucial issues facing Canadians.

And what is a Prime Minister? Here are 23 different answers to that question in one book:

Being Prime Minister,

by J. D. M. Stewart, 2018

Canada has had 23 prime ministers, all with views and policies that have differed as widely as the times in which they lived. But what were they like as people? *Being Prime Minister* takes you behind the scenes to tell the story of Canada's leaders and the job they do as it has never been told before.

Looking for an author

As of press time, no books had been published about Andrew Scheer, nor had he written any. He has been Member of Parliament for the riding of Regina-Qu'Appelle since 2004, became leader of the Conservative Party in 2017, and is running for Prime Minister. (*Wikipedia*)

Proudly representing Peel's Public Elementary Teachers

Defending quality public education – for our students & our communities



Peel Elementary
Teachers' Local

etfopeel.com
 @ETFOPeel
 @peeletfo

Helpful info for homeless and hungry

This is an incomplete list of facilities, organizations, opportunities, that help homeless people in Peel. Expanded info will be published in future issues of *Tough Times*. Homeless folk and helpers are invited to suggest more info, more topics. Or if assistance didn't turn out as expected, *Tough Times* readers need to know.

Homeless and need a place to sleep tonight? Phone 905-791-7800 or visit peelregion.ca/housing/shelters

Peel has emergency shelters for individuals, youth and families in Brampton and Mississauga. Shelters have 24-hour staffing and supports to help you find affordable housing. See separate item SHELTERS.

Are you hungry and have no money to buy food?

Knights Table, #4 – 287 Glidden Road, Brampton, serves three meals a day every day of the year.
Breakfast from 8 a.m. to 10 a.m. Lunch and dinner from noon to 6 p.m. on weekdays, and from noon to 4 p.m. on Sundays. It also has a food bank.

Regeneration Outreach Community at Grace United Church, 156 Main Street North, Brampton, serves **breakfast daily from 7 a.m. to 9.30 a.m. (on Sundays breakfast ends at 9.15 a.m.)** A lunch program opens in September, Monday to Thursday 11.30 a.m. to 12.30 p.m.

The Mississauga Food Bank can suggest 40-plus food banks covering all of Peel. Phone 905 270-5589 to find a food bank near you.

Gilgal Community Meal Program Sundays 7:30 p.m.-8:30 p.m.

3066 Given Rd., Mississauga, L5A 2N3
Phone: 647-574-8708

The Compass Multi Food Service Programs

The Compass food bank may serve a meal, followed by take-home supplies.

Monday 3 p.m.-8 p.m.
Wednesday 12 p.m. to 5 p.m.
Friday 12 p.m. to 5 p.m.
310 Lakeshore Rd W, Mississauga, L5H 1G8
Phone: 905-274-9309

Eden Food for Change – 2 Multi Food Service Programs

Food Bank and Community Kitchen
Tuesdays 12 p.m.-2:30 p.m. and 5 p.m.-7 p.m.
3185 Unity Dr., Mississauga, L4W 4L9
Phone: 905-785-3651

St. Joseph Community Kitchen

Open: Tuesday 2 p.m.- 4 p.m.
1699 Dundas Street East, Mississauga, L4X 1L5
Phone: 905-238-9008

St. Mary Star of the Sea

Food Bank does not have fixed hours, but starting in November, opens **Fridays, 5 p.m. to 8 p.m.**
11 Peter Street South, Mississauga, L5H 2G1
Phone: 905-278-2058

Where can you get fresh water to drink, for free?

At soup kitchens. Probably at recreation centres. What if you just ask?

Need to take a shower, but don't know where to go? Phone 905-791-7800, or visit peelregion.ca/housing/shelters

In Mississauga, go to any recreation centre and register for a pass – no charge for showers, and you can use the rec centre address on your application.

In Brampton, Regeneration at Grace United Church (905 796-5888) provides towels and soap for free, from **7 a.m. to 9.15 a.m. every day**.

The City of Brampton has showers at some community centres, but indicates that none are free of charge. Caledon showering facilities will be listed in *Tough Times'* next issue.

Having a job interview, but no clean clothes to wear?

Regeneration in Brampton (905) 796-5888 has clothes for adults only, open **Monday to Friday, 8 a.m. to 9.30 a.m.** Items are free. Donations invited.

Any other organizations in Peel that can provide clean clothes for free, please contact *Tough Times* at 905 826-5041 or email toughtimestabloid@gmail.com to be listed in *Tough Times* November-December 2019 edition.

Are you being evicted because you can't pay your rent?

Phone: 905-791-7800. The Region of Peel can help eligible individuals and families in emergencies when you can't pay rent or bills.

Regeneration has a housing worker who can advise, but can't pay your bill.

Are you going to lose your phone or hydro services because you can't pay your bill?

Phone: 905-791-7800. The Region of Peel can help eligible individuals and families in emergencies when you can't pay your bills.

Services over and above

Regeneration at Grace United Church in Brampton has a volunteer chiropractor at work on **Fridays from 8 a.m. to 9.30 a.m.** It's free. First come, first served. (905) 796-5888.

You can do your laundry at Regeneration. Costs: \$1 for soap, plus \$1 for the machine.

Punjabi community

Punjabi Community Health Services offer help with mental and physical health. 905 677-0889

Organizations offering help to people who are homeless or in other difficulty, are invited to email facts to Tough Times, to be included in future issues. Phone 905 826-5041, email toughtimestabloid@gmail.com

Hepatitis C Treatment, Care & Support Is Available

You can be at risk if:

- Sharing of personal care and hygiene items such as razors, toothbrushes, clippers and scissors with someone living with hepatitis C
- Sharing needles used for body tattoos and piercings. Reusing and sharing tattoo ink and ink pots
- Sharing drug equipment such as needles, filters, tourniquets, water, syringes, cookers, alcohol swabs, acidifiers
- Receive blood and body organs that have not been screened for hepatitis C. Even in Canada, if you received blood and organ donations before 1990 you may be at risk.
- Involved in medical procedures including immunization in hepatitis C endemic countries



Bloom Clinic

Contact:

Bloom Clinic
40 Finchgate Blvd. Suite 224, Brampton, ON L6T 3J1
Phone: 905-451-6959 | mail@bramaleachc.ca



Call today for information or to book a free test.

SHELTERS FOR PEOPLE WHO ARE HOMELESS

The Region of Peel tries to help people who are homeless or at-risk of homelessness. Services include emergency and transitional shelters, street outreach (where help comes to you), support services and assistance in finding permanent housing.

All people are welcome at shelters in Peel Region, regardless of gender, race or disability.

If you need emergency shelter immediately, contact

Peelregion.ca/housing/shelters/ or phone one of the numbers below:

If you are fleeing violence or abuse and are in immediate danger, phone 911 now.

For shelter support, phone

Interim Place North – 905-676-8515

Interim Place South – 905-403-9691

Family Life Resource Centre – 905-451-4115

Peel Family Shelter

1767 Dundas Street East, Mississauga

905-272-7061

Cawthra Shelter

2500 Cawthra Road, Mississauga

905-281-1272

Wilkinson Shelter

15 Wilkinson Road, Brampton

905-452-1335

Our Place Peel

3579 Dixie Road, Mississauga

905-238-1383

Brampton Queen Street Shelter

3458 Queen Street East

Brampton, 905 791-2334

Transitional housing

from homelessness to a place of your own

Peel Youth Village at 99 Acorn Place, Mississauga, has 48 private single bedrooms, available for up to a year to a homeless person aged 16 to 30 who is eligible for Ontario Works or with other cash supports. Kitchens and bathrooms are shared. There's a gym, laundry machines, meeting rooms. 905-791-5576

Angela's Place in Mississauga, provides housing for up to a year for 20 families currently in emergency shelters or without appropriate housing. Services include job training, counseling, activities for children and youth. Phone 905-791-3887 ext. 7058



Homeless citizens CAN vote: HERE'S HOW

This is what Elections Canada says about voting:

Canadian citizens 18 years of age or older on polling day are qualified—and encouraged—to vote, whatever their living arrangements are.

An elector who is homeless or without a fixed address can vote by registering to be on the list of electors.

To register, all electors must prove their identity and address. This is usually done by showing identification documents such as a birth certificate, passport, a library card. (The full list on Elections Canada website includes a government cheque stub, liquor card, old age security card, parolee card, student identity card, blood donor card, and more)

Other ways homeless electors documents can prove their address at the polls:

The Canada Elections Act allows a homeless elector to use the address of a shelter or soup

kitchen or other place that provides social services.

Get a Letter of Confirmation of Residence from the shelter where you are staying or a soup kitchen where your identity is known, by asking the administrator to provide and sign it.

Elections Canada provides a template on its website or the facility administrator can contact the returning officer to obtain copies. Note that no law requires the administrator to provide a letter.

Like any elector, a homeless elector can have someone who knows them and who is on the list of electors for the same polling station vouch for them (if voting by special ballot at a local Elections Canada office, the person vouching for the elector must be on the list of electors for the electoral district where the office is located). The person vouching for the elector must be able to provide accepted documentary pieces of identity and address. An elector can vouch for only one person. Both the

elector and the person vouching for them will have to make a solemn declaration.

For more information, visit elections.ca or phone 1-800-463 6868, toll free Monday to Friday, 9:00 a.m. to 5:00 p.m. (Eastern Time).

*Edited from the Public Enquiries Unit
Elections Canada*

LABOUR COMMUNITY SERVICES OF PEEL

OFFERING FREE SUPPORT WITH UNJUSTIFIED DISMISSAL,
HUMAN RIGHTS and DISCRIMINATION IN THE WORKPLACE.
KNOW YOUR RIGHTS @ WORK Seminars and Training

10 Gillingham Dr. Unit 213
Brampton, ON. L6X 5A5

www.lcspeel.ca

905.696.7444

@LCSPEel

Labour Community Services of Peel

Find the
RightJob

**Are you an Ontario Works participant?
Did you know you can find quality job
openings in the Peel area?**



For more information visit:
peelregion.ca/help/jobs